



Optimal Health

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Is Vitamin D all it's Cracked-Up to Be?

Vitamin D has recently received increased attention and publicity in the media. Doctors have long known that a link exists between low levels of vitamin D and certain types of cancers, as well as diabetes and asthma. Middle aged and elderly individuals with high levels of vitamin D have demonstrated a decrease of 43% in the development of heart disease and diabetes. Interestingly, new research is showing that vitamin D also has the ability to kill human cancer cells. Researchers have recently experimented with treating breast cancer cells with a potent form of vitamin D; half of the cancer cells, when exposed to the vitamin over a period of a few days, shriveled up and died. Vitamin D is able to penetrate the cancer cells and trigger apoptosis, or cancer cell death. The vitamin worked as well at killing cancer cells as does the toxic breast cancer drug Tamoxifen, but without any of the detrimental side effects, and at a fraction of the cost.



For over a decade, vitamin D has been an essential component of ISM's supplement protocol. Receptors that respond to vitamin D are found in nearly every type of human cell from your bones to your brain. The body converts the vitamin from the bloodstream into calcitriol, the hormonal or activated version of Vitamin D. It is then used by the organs to repair damage-- including damage caused by cancer cells.

Is vitamin D cancer's "silver bullet"?... NO!

In a complex computer prediction model, it is estimated that an Intake of vitamin D3 and calcium could potentially prevent 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer annually in the USA and Canada. This model also predicted that 75 percent of deaths from these cancers could be prevented with an adequate intake of vitamin D3 and calcium.

While ISM is especially pleased to see theories linking vitamin D to cancer treatment and prevention in more than 200 epidemiological studies and more than 2,500 laboratory studies - we must be very careful not to think that vitamin D works independently. Indeed, vitamin D appears to play a key role in slowing the development of many types of cancer, but it does not work in isolation from the other macro- and micro-nutrients in the body. Vitamin D works synergistically with many other vitamins and within the entire protein model of your body's metabolism; it is not a "silver bullet" that can protect the body by itself.

It is also important to recognize that vitamin D requirements are highly individualized. Each person's vitamin D status is dependent on numerous factors such as skin color, geographical location, and the regularity of the individual's exposure to sunshine. ISM strongly believes that all of the nutrient components in the body work synergistically to maximize disease prevention and therapeutic treatment. It is dangerous when one component of the body garners more attention than others, and is depicted as a "marvel". It is important to remember that each individual element is only one piece of the body's ENTIRE metabolic reaction.

Scientific evidence shows that increased exposure to sunlight and vitamin D is beneficial; however it will likely take many years for this research to become standard health policy. In the meantime, remember that vitamin D is just one element of the hundreds of critical biochemical components that your body needs to stay healthy and fight disease. For over a decade ISM has been "preaching and practicing" the necessity to consider the bigger picture - there is no single "silver bullet"- individual biochemical optimization is the key.

Cancer is Not an Alien!



Individuals with cancer often express the feeling of being betrayed by his/her body, as if they are being invaded by something alien or foreign that has taken hold. The language of oncology endorses this adversarial view by speaking of "the war on cancer", and by obliterating the offending cells by aggressively cutting, poisoning, and burning them to solve the problem.

But cancer is not an alien. It is in fact, both of you, and not of you. Tumors are not an external malign parasite, but are actually comprised of normal body cells whose only uniqueness is that they have lost their ability to communicate properly and to receive growth control messages from adjacent cells. Nothing a cancer cell does is unique to cancer; all of the metabolic activities performed by cancer cells can also be carried out by normal, healthy cells. Cancer cells, most often, just do not know when to stop.

Because healthy cells are carrying out the same metabolic activities as cancer cells, it is virtually impossible to avoid the side effects and corollary damage caused by

radiopharmaceuticals. For this reason, many cytotoxic agents have a relatively narrow “therapeutic margin” and for many patients, result in side effects that limit quality of life and even the ability to tolerate the prescribed treatments.

Rather than attacking the disease as though it is an alien invader, ISM’s application of synergistic, multi-targeting dietary therapeutics allows the body to work toward biochemical optimization. ISM’s focus is on the whole of your body system rather than the disease itself; we address the factors that contributed to the disease in the first place.

ISM believes - and is supported with overwhelming scientific evidence - that synergistic nutrition has a direct and fundamental bearing on the quality of our health. Thousands of epidemiologic studies have consistently shown that nutrition plays a crucial role in the prevention of chronic diseases. ISM’s new nutraceutical research database [“Nutravisit”](#) is a portal into hundreds and hundreds of abstracts, from peer-reviewed literature, on the positive impact that nutraceuticals have on various diseases and chronic conditions. Click on the following Nutravisit button to ISM’s website.



Laugh - and Get Healthy! (This is not an April Fools Joke)

Did you know that April is National Humor Month?



It truly is amazing how much one’s mindset can influence their physical health, and countless studies continue to support this link. The mind-body connection is a powerful force that we can all harness for better health. A positive outlook will not only help protect our body from stressors that can lead to coronary heart disease, but it can also help boost the immune system.

...So laugh! Laugh out loud and laugh hard and long! Here are some reasons why laughter is good for you:

- In a recent clinical study, those who believed they would be successful, and felt a corresponding rise in positive emotions, had increases in cell-mediated immunity, which is important for protecting against viral infections.
- Seeing the glass as half-full is even linked to a longer lifespan, reduced risk of stroke, and better recovery after surgery.

- Numerous studies support the belief that people with an upbeat and positive perspective tend to be healthier and enjoy longer lives than those who are generally gloomy and cynical about the future.
- Laughter helps regulate certain hormones – It increases the levels of health-enhancing hormones like endorphins (the body's natural pain relievers) while reducing the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone.
- Laughter also increases the number of antibody-producing cells and enhances the effectiveness of T cells, helping boost your immune system and lessen the physical effects of stress.

So, ISM prescribes that you smile... better still - LAUGH! The more you smile, laugh, and try to look on the bright side of life, the better your life will be.

Optimal Health

“**Optimal Health**” is released by staff, associates and friends of Immune System Management Inc. We aim to share up-to-date news, information and diverse views for the growing integrative, alternative and complementary medicine movement, particularly as it applies to cancer and other chronic diseases.

It is our philosophy that diverse health care modalities can work in conjunction with each other as part of a unified team rather than in competition. Such an integrated approach ultimately will lead to safer and more effective healthcare.

Optimal Health will act as gathering place and forum for comments and articles from medical professionals, educators and researchers from all health care specialties to the ultimate benefit of both the patient and the health care provider.

Your comments and article contributions are welcome.

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